D ar Jan,

8/17/82

Not having heard that you were ill, I'm delighted that you've recovered!

To update you, I had a successful arterial implant in the left thigh in 1980. The day I got home from the Washington hospital blood clots broke loose. It was the next day before I could get an ambulance to take me the 50 miles and I no sooner got to the hospital than a construction crew cut the cable into the ORs and it was another day before they could operate. By then the damage to the leg, foot and toes was permanent. They could get the clots out down to the ankle but not below. Muscles and tissues were ruined by oxygen starvation. I got out and was walking for up to about 1/3 of a mile, cutting and splitting firewood from a wheelchair and feeling fine when suddenly a piece of my own artery broke loose and blocked the entire left side. That time I got an ambulance promptly, got into the OR about 10 p.m. (this happened right after supper) and the worked on me until 2-2:30 a.m. and repaired tha rather extensively. They told me that from that kind of blockage the heart usually quits so I must have a strong one. I've been home 15-16 months and no further trouble. I feel fine, don't know what it is to miss a night's sleep ortake an aspirin or anything other than the prescribed medicines. After each of the 5 operations I didn't need any pain pills or sleeping pills, so you can see that I suffered no pain or trauma. But I am somewhat limited in what I can do and I've adjusted to that. I'm supposed to walk as much as I can so each morning I got to a nearby mall and walk for 3 hours. I can sit about every 100 feet if I have to and it is about 1/6 mile long. Usually I can do that much before having to stop. I then put the left leg up, which I'm supposed to do, and read about 2 pages. Then I walk again and repeat the whole thing. I don't mind it but it takes a big hunk out of the working day 6 days a week.

Reason for the delay in answering is I've been bust with affidavit. I'm taking today to try to catch up on accumulated correspondence and don't think I can get them all done before I have to return to affidavits tomorrow. These are in the various FOIA cases.

I didn't hear from Ted for a long time. Thought maybe he'd had a hard time becausehe expected so much from HSCA and found out, too late, tha they were finks. I tried to persuade him throughout but he was optimistic. I think he is writing a book on them. It will lead to more frustration for him, I'm sorry to say.

You have every readon to be proud of your family, particularly your 4.0 na! Absolutely fantastic!

Please excuse the haste. Hope you all continue to do well and be happy. I share your views and fears about the military situation and I can only hope that other countries bring us back closer to sense and reason.

Our best to you all,